

CLAIMS

1. A composition for regulating the trophism of hair follicles and/or the skin production of sebum, comprising a synergic combination of
- 5 i) a plant extract which inhibits the 5- α -reductase enzyme, with
- ii) at least one compound which acts at the level of the epithelial structures,
- characterized in that said plant extract
- 10 i) is an extract of *Boehmeria Nippononivea*, and said compound which acts at the level of the epithelial structures ii) is selected from sulfur donor compounds, antioxidant compounds, and mixtures thereof.
2. The composition according to claim 1, characterized
- 15 in that said sulfur donor compounds are selected from sulphurated amino acids, methylsulfonyl methane and mixtures thereof.
3. The composition according to claim 1, characterized in that said sulphurated amino acid is cystine, cysteine
- 20 or methionine.
4. The composition according to claim 1, characterized in that said antioxidant compounds are selected from phenylpropanoids, flavonoids, isoprenoid derivatives and mixtures thereof.
- 25 5. The composition according to claim 4, characterized

in that said phenylpropanoids are selected from caffeic acid, hydroxytyrosol, chlorogenic acid, Teupolioside, Phenylpropanoids from Ajuga reptans, and mixtures thereof.

5 6. The composition according to claim 4, characterized in that said flavonoids are selected from flavonols, quercetin, Kaempferol, from isoflavones, genistein and daidzein, from catechine flavanols, or flavanones naringenine and resveratrol and mixtures thereof.

10 7. The composition according to claim 4, characterized in that said isoprenoid derivatives are selected from carotenoids, tocopherols, tocotrienols, saponine and mixtures thereof.

8. The composition according to any of the previous
15 claims 1-7, characterized in that it is suitable for topical application.

9. The composition according to claim 8 for use in the prevention or treatment of androgenetic alopecia and/or telogenic effluvium.

20 10. The composition according to claim 8 for use in the prevention or treatment of acne and/or seborrhea.

11. The composition according to claim 8 for use in the prevention or treatment of hypertrichosis and/or hirsutism.

25 12. The composition according to any of the previous

claims 1-7, characterized in that it is suitable for oral administration.

13. A food supplement characterized in that it comprises a composition according to any of the claims 1-7 for use
5 in the prevention or treatment of telogenic effluvium.

14. A food supplement characterized in that it comprises a composition according to any of the claims 1-7 for use in the prevention or treatment of androgenetic alopecia.

15. A food supplement characterized in that it comprises
10 a composition according to any of the claims 1-7 for use in the prevention or treatment of acne and/or seborrhea.

16. A food supplement characterized in that it comprises a composition according to any of the claims 1-7 for use in the prevention or treatment of hypertrichosis and/or
15 hirsutism.